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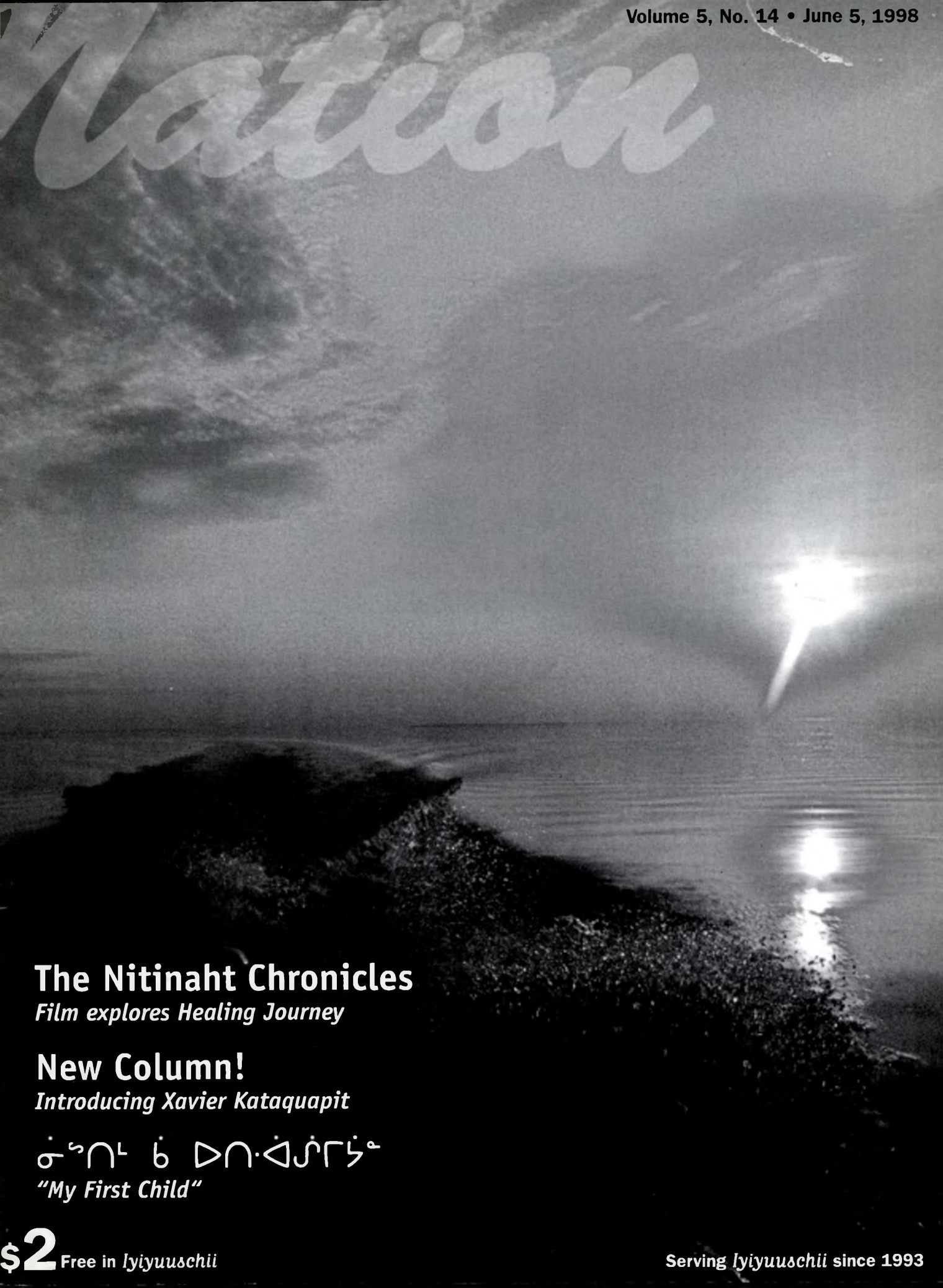
Nation



The Nitinaht Chronicles
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Ouje Bougoumou Elders and Ushimimaash

From Father to Son

Since Father's Day is coming we gathered some Native wisdom that was traditionally handed down from father to sons in the past on Religion, Tradition and Being. Happy Father's Day.

Luther Standing Bear (168?-1939), Oglala Sioux Chief:

"The American Indian is of the soil, whether it be the region of the forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings. He once grew as naturally as the wild sunflowers, he belongs just as the buffalo belonged..."

Red Cloud (Makhipiya-Luta) (late 19th century), Oglala Sioux Chief:

"... I hope the Great Heavenly Father, who will look down upon us, will give all the tribes his blessing, that we may go forth in peace, and live in peace all our days, and that He will look down upon our children and finally lift us far above this earth: and that our Heavenly Father will look upon our children as His children, that all the tribes may be His children, and as we shake hands today upon this broad plain, we may forever live in peace."

Geronimo (Goyathlay) (1829-1909), Chiricahua Apache Chief:

"We had no churches, no religious organization, no Sabbath days, no holidays, and yet we worshiped. Sometimes the whole tribe would assemble and sing and pray: sometimes a smaller number, perhaps only two or three. The songs had a few words, but were not formal. The singer would occasionally put in such words as he wished instead of the usual tone sound.

"Sometimes we prayed in silence; sometimes each prayed aloud; sometimes an aged person prayed for all of us. At other times one would rise and speak to us of our duties to each other and to Usen. Our services were short."

Big Thunder (Bedagi) (late 19th century), Wabanaki Algonquin:

"The Great Spirit is in all things: he is in the air we breathe. The Great Spirit is our Father, but the earth is our mother. She nourishes us; that which we put into the ground she returns to us ...."

Black Elk (1863-1950), Oglala Sioux holy man:

"The life of an Indian is like the wings of the air. That is why you notice the hawk knows how to get his prey. The Indian is like that. The hawk swoops down on its prey; so does the Indian. In his lament he is like an animal. For instance, the coyote is sly; so is the Indian. The eagle is the same. That is why the Indian is always feathered up: he is a relative to the wings of the air."

Red Cloud (Makhipiya-luta) (late 19th century), Sioux Chief:

"I am poor and naked, but I am the chief of the nation. We do not want riches but we do want to train our children right. Riches would do us no good. We could not take them with us to the other world. We do not want riches. We want peace and love."

Luther Standing Bear (1868-1939), Oglala Sioux Chief:

"Out of the Indian approach to life there came a great freedom — an intense and absorbing love for nature; a respect for life; enriching faith in a Supreme Power; and principles of truth, honesty, generosity, equity, and brotherhood as a guide to mundane relations."

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ON THE COVER
Sunset on James Bay.

Photo: Ernest Webb
Design: Katerina Cizek

rez notes by Ndiamon: THE RESULTS

Frankly, we here at The Nation *were overwhelmed. Overwhelmed at the enormous response we received to the rez notes questionnaire a few weeks back. We were humbled. Shocked. Frightened. As no doubt, you, the readers, will be when you read the following results. Brace yourselves. The readers have spoken. This is what they have said:*

55% HAVE SEEN A UFO.
18% HAVE BEEN ABDUCTED.
Comments:
"This is highly classified info."
"It was a bright, bright green light. A small one. It went up, straight up and fast."
"In mid 80's driving with my family. We all saw it in my area but government denied it."
"I've been probed, I was drunk."

36% HAVE EATEN OUT OF A DUMPSTER.
Yummy.

64% HAVE BEEN IN A BAR ROOM BRAWL.

73% HAVE READ SOMEONE ELSE'S MAIL.

18% HAVE OR HAD A WACKY NEIGHBOR LIKE KRAMER.
Comments:
"Had wacky neighbors... we called them 'Andy Stoner,' 'Nice Boy' and 'Film Guy'" One answered, "No, but I am."

36% HAVE LIED JUST TO GET LAID.

27% HAVE LIED TO GET A JOB.

64% HAVE LIED TO GET OUT OF A JOB.

73% HAVE LIED ABOUT THEIR AGE.

27% HAVE LIED ABOUT THEIR WEIGHT.

55% RESPONDENTS WERE SINGLE.
37% WERE MARRIED.
27% WERE STILL LOOKING.
9% ARE GETTING DESPERATE.
** A few were married but still looking, or getting desperate, hence the percentages not adding up.*

COMMANDMENTS BROKEN:
"All, except I haven't killed anyone..yet"
"What are all the 10 commandments?!"
"Don't know the commandments. I suppose I violated a few...okay, okay... most of them."
"All except kill, still working on it."
"Probably most of them. Heh, heh."

AMOUNT THEY WOULD SELL KIDNEY FOR:
"At least $10,000"
"Case of beer"
"$100,000"
"Strange. $10"
"Can't put a price on my organ."
"$10,000 for one."
"For the rich, $100,000. For the poor free."

FAVORITE DRINKS:
Singapore Sling
Pepsi and Molson Dry
Cold Spring water
Dirty Martini
Pop-coke, liquor-vodka
Triple rum and coke!!!
Iced Tea (shaken, not stirred)

WORST THINGS PEOPLE HAVE DONE TO ANOTHER:
"Broke their hearts"
"Wrecked his vehicle."
"Poured beer on them."
"Throw a rock to their head."
"Killed my cat when I was four by accident."
"Stole their boyfriend."
"Spit."
...and others much too graphic to print here.

36% HAVE BEEN INDICTED.

27% HAVE SEEN A GHOST.

91% BELIEVE IN HEAVEN AND HELL.

91% TALK TO THEMSELVES .

82% OF RESPONDENTS' MOTHERS HAVE TOLD THEM THEY WERE SPECIAL. *Aaaww.*

64% HAVE FILED FOR INCOME TAX.

27% HAVE CHEATED ON EXAMS. *Liars!*

64% HAVE READ SOMEONE ELSE'S DIARY.

9% DIDN'T BOTHER WEARING ANY UNDERWEAR. *Sexy.*

36% HAVE BEEN TO A PSYCHOANALYST.

73% WANNA BE STARTIN' SOMETHIN' ANYWAY.

GRAND TOTAL OF CASH STOLEN:
$13,557
"Never stole." *Right.*

9% LIKE THEIR DRINKS SHAKEN.

9% LIKE THEIRS SHAKEN, STIRRED AND STRAIGHT UP.

55% LIKE THEIR DRINKS STIRRED.

27% LIKE THEIRS STRAIGHT UP.

FINAL THOUGHTS:
"Is there life before death?"
"What's your point?"
"I answered truthfully."
"I can't believe I'm doing this questionnaire."
"It's all true."
"Maybe I'm not answering these questions truthfully-JK!"
"I'm only human but working on improving."
"Beer, sex, more beer, more sex."
"Does a bar room brawl count if it was about you?" *(uh, yes.)*
"What do you mean by 'Wanna be startin' somethin'?" *(What do YOU mean by answering "yes"?)*

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Nation

ERNEST WEBB

Chiefs question Quebec's Indian policy

The Assembly of the First Nations of Quebec and Labrador has rejected the Quebec government's "partnership, development, achievement" deal. The new deal was initially praised by some Native representatives.

Among other things, Quebec proposed that Native people would pay sales tax and bands could decide how to spend this money. Other parts of the plan were seen as even worse by the Aboriginal leadership. The First Nations were asked to recognize Quebec's territorial integrity, the National Assembly as sovereign and of course the Quebec governments' "legislative and regulatory effectively."

It would effectively kill the results of Cree, Inuit and other First Nations referendums held before Quebec's sovereignty referendum, according to the Native leadership. Native people voted in their referendums to stay in Canada if Quebec leaves.

The chiefs, meeting in Quebec City, felt the document would support international recognition of Quebec's borders in the event of independence, which would mean "effective control" over all Native territories within Quebec.

Columnist Paul Wells wrote in The Montreal Gazette, "Imagine the sanctimonious outrage from Quebec City if a federal government ever tried to trade money for or social programs for a formal rejection of the sovereignist project."

AFN Regional Chief Ghislain Picard said Quebec's deal "was worked out without our contributions or consent." In a press release, the chiefs said the government has always made policies concerning Native peoples without consulting them, which is unacceptable today.

This is a rapid change-around for some Native leaders who initially praised Quebec's policy, including Picard and Romeo Saganash. That was before they knew the policy's references to territorial integrity.

Charles LaRochelle, spokesman of the Ministry of Aboriginal Affairs, says the ministry was surprised Natives backed away from the deal so strongly. "The Minster was saddened and surprised at the reaction," said the spokesman, adding that the "bridge was not broken."

"There is no crisis at the moment, just differing points of view on the matter. We aren't looking at a roadblock to the discussions," said LaRochelle. He pointed out that negotiations are continuing in many areas and the concept of Quebec's territorial integrity is not being forced on anyone. LaRochelle said, in the end, what everyone must consider is doing something about the poverty, living conditions and high rate of unemployment on reserves.

"We have to think of the youth and what can be done for them and their future," said LaRochelle.

Waswanipi Chief John Kitchen, who was present at the AFN meeting, agrees that both Natives and Quebec have to sit down together. "We didn't reject everything, but we don't accept the policy as it is," said Kitchen. He said the chiefs had the biggest problems with the "territorial integrity" and "effectivity" clauses. "We need to look at the policy, work on it and see how it could be made acceptable to all parties," said Kitchen. "The main thing is for the First Nations and Quebec to work together."

by William Nicholls

Sawmill loses $2M in first year

by Alex Koslin

Waswanipi's Nabakatuk sawmill lost $2 million in its first 10 months of operations, far more than the loss predicted when the project was announced.

Peter Gull, president of Waswanipi Mishtuk Corp., which built the sawmill together with Domtar, did not return phone calls.

But Jeannot Gervais, director-general of the sawmill, confirmed that the loss was $2 million between June 12, 1997, when the sawmill officially opened, and this March.

The sawmill employs 43 people, including 39 Crees.

"We have losses, but it's normal," explained Gervais. "People are less productive because they are less experienced. It's progressing."

Gervais said when the sawmill opened its doors, the company predicted a loss of $1 to $1.1 million for its first year of operations.

The owners of the sawmill, Mishtuk and Domtar, will have to swallow the loss, Gervais said.

Gervais said when he was brought in last November or December, the sawmill was already experiencing growing pains. Gervais worked for 25 years at Domtar and was director of labour relations for the region covering Val d'Or, Malartic and Sullivan.

"There was a problem when I arrived (at Nabakatuk). There still is somewhat of a problem," he said.

Costs were out of control, quality of the product had to be improved and the workers needed training, said Gervais.

Since then, many changes were made, but more needs to be done, he acknowledged.

Gervais said he didn't know the sawmill's revenues in its first year and referred *The Nation* to Mishtuk's controller, Yvon Drouin. Drouin refused to release this information without a written authorization from Gervais. Gervais then referred us to Peter Gull and promised to ask the Mishtuk president to give us an interview about the sawmill's first year. Gull did not call.

Thank you from Buckley G.

Letter to *The Nation*:

FOLLOW UP ON BUCKLEY G. BE MY FRIEND CLUB.

Over and over again and that is just about every day, I hear people say these same things about *The Nation*: Is it bankrupt? Does it still exist? What happened to *The Nation*? Did they move out of the country, or the Nation? How weird! Cause Buckley G. told me that he had just received some more letters from Italy.

Of course, this correspondence is from his Friend's Club, remember? Bucklet G. Be My Friend Club? It still exists, you know, as far as we're concerned we don't really know if *The Nation* still exists. Since last January, we only received the "bulletin" three or four times and these were probably sent in a bundle of 12 issues only.

Well, excuse me if I am wrong, but I do believe that someone out there has to make a greater effort at shipping us *The Nation*, that is if it is still being printed... Of course... if it is then I would like on behalf of my little friend Buckley (his request) that his Friend's

Club continues. He really enjoys receiving letters from all over the world (well, a big part of it).

Of course, because of his disease, it takes him a while to write back but he really tries to answer all of the letters he receives. I also have good news for anyone interested in Buckley's story. He doesn't feel as lonely. He gets to know about other's conditions. He learns how to make use of computers and above all he makes FRIENDS. So, hoping that these informations on Buckley G. will incite the readers to keep on writing and caring.

My last word on this is that there are no better ways than communication to reach the mind, the heart and the soul of anyone longing for encouragement and support from others. No matter where we are, what we do (well), what our situation is or any other reasons why we feel this special need to communicate. It is sometimes but the only way... Thank you and keep on writing and by the way I would like to thank that Grandma of 30 or so grandchildren who's been writing to Buckley and gives him her best words of encouragement. Congratulations to you and your nice family! Keep on the good work. This world needs people like you.

P.S. You can write to Buckley G. Be My Friend Club at P.O. Box 0000001, Whapmagoostui, Qc., Canada, J0M 1G0.

DR. TRUTH, Whapmagoostui

Dear Doctor: To find The Nation *in Whapmagoostui, ask at the band office or Sandy's. They've got the stuff. As far as we are aware, we do still exist. Unless it's all one big, ugly dream.*

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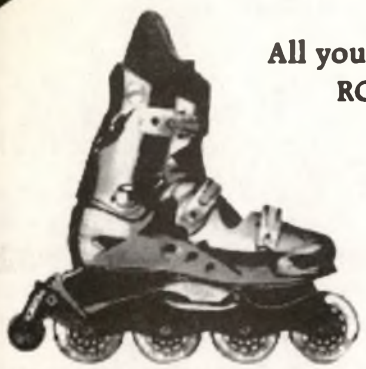

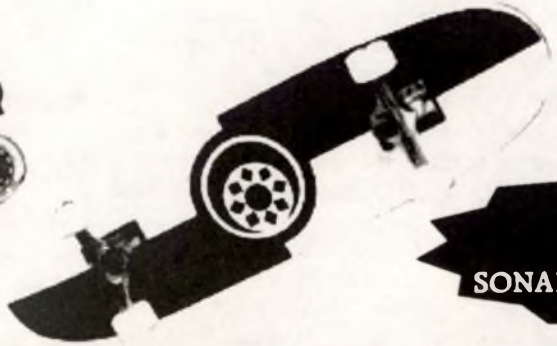

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ERNEST WEBB

$80G VANISHES FROM ELDERS' ACCOUNT

NORTHERN MANAGER FIRED AFTER COUPLE LOSES SAVINGS

The North West Co. has fired one of its store managers, Mike Taylor, after over $80,000 disappeared from an elderly couple's account at Eastmain's Northern Store.

The Elders, Willie and Hattie Moses, discovered there wasn't any money left in their account when they went to make a deposit with their stepdaughter.

They made a complaint on April 8 and the North West Co. quickly opened an investigation. Taylor, who had just been transferred to the Northern Store in Inukjuak, was fired shortly afterwards.

Eastmain police and the Sûreté du Québec are investigating and say they plan to lay fraud charges against Taylor when the probe is complete sometime before fall.

Taylor and his family moved back to his wife's home in the Native community of Shamatawa, Manitoba.

Reached there, Taylor denied that he is the same Mike Taylor who worked in Eastmain. "No, I'm not," he said, before abruptly hanging up.

But when *The Nation* called back, his wife admitted it was in fact the same Mike Taylor. She vehemently denied her husband had stolen any money.

"Yes, they told us there was an investigation going on, but the police, I didn't know they were involved. We had no idea they were doing this," she said.

"There was no money taken. If we had the money, would we be here? We're s**t for cash right now," she said, refusing to give her name.

"The money just disappeared. But where it went we don't know. It was a big surprise for us."

She said two or three other people had access to the office where the accounts are. She defended her husband, saying he "is always precise with his numbers.

"There's always two sides to the story in a situation like this. You're going to have to know the whole story when it comes to the North West Company. I can't really say much about it."

She, in turn, accused Northern of improperly removing over $3,700 from the Taylor family's own account at the Inukjuak Northern Store to pay for bills after Mike Taylor was fired.

Eastmain police admit they still haven't interviewed Taylor, but claim he confessed to Northern's investigators that he did in fact empty out the Elders' account. "He confessed to the crime so they fired him," said a police constable.

When we called Taylor back to ask whether he had confessed, a woman who answered hung up as soon as we identified ourselves as *The Nation*.

Jim Deyell, the company's regional director for James Bay, apologized for the incident. "It's a most unfortunate thing. There's an element of trust there. Has to be," he said.

Northern has returned the lost money to the Moses couple. Willie and Hattie are the parents of former Cree Grand Chief Ted Moses, currently the Cree Ambassador to the United Nations. Taylor had worked for Northern for "at least four or five years," two of them in Eastmain, Deyell said.

by Alex Roslin

WORST GOVERNMENT WE EVER HAD: ECOLOGIST

Hydro-Quebec's proposed Mégiscane River hydro project proves that the PQ government is the worst in Quebec's history when it comes to the environment, charges a prominent environmentalist.

The latest hydro project is on Cree land, but Hydro-Quebec is trying to avoid holding hearings into the project as called for by the James Bay and Northern Quebec Agreement.

Instead, Hydro has started informal talks with local residents on the project. No real public hearings are planned and instead Hydro hopes to buy off locals with a cut of the profits, says Henri Jacob, co-chair of the Canadian Environmental Network and a resident of Val d'Or.

That is, if there are profits. Jacob said Hydro isn't even assured of making money on the project because it sells power to the U.S. at a loss.

"This is the worst government we've ever had in Quebec on the environment. Any group with any credibility will say the same thing," Jacob said.

"They've reduced the environmental budget, removed regulations, tried to sell water to the U.S. without public hearings and approved many (controversial) projects. Before, with the other governments, at least we were able to have a voice."

Jacob, who also heads an environmental group in Val d'Or, said HQ should be opposed with its latest project. The Mégiscane project could have serious impacts on duck, sturgeon and osprey populations in the area. "I hope there will be a lot of noise about it," he said.

BEAUDOIN PLEDGES SUPPORT FOR CULTURAL INSTITUTE

The Cree Cultural Institute got a boost when Louise Beaudoin, Quebec's Culture Minister, passed through Ouje-Bougoumou this month during her first-ever official visit to the North.

Beaudoin was given a tour of the community and told about the Cultural Institute, which needs $8 million in funding

continued on page 9

Cree Nation Youth Council PRESENTS

7th ANNUAL CREE HERITAGE JOURNEY, CANOE BRIGADE FROM NEMASKA, QUE

Departure from Champion Lake — Travel Ruperts River — Arrival Waskaganish, Eeyou Istchee

Departure from Communities — June 18, 1998
Departure from Nemaska — June 20, 1998
Arrival in Waskaganish — June 29, 1998

Special Feature: Intercultural Exchange with non-Native Youth

CREE NATION YOUTH COUNCIL (of Eeyou Istchee) 9th Annual Cree Youth Assembly

Theme:
"Soaring Together as One, to New and Greater Heights"

Waskaganish, Quebec at Maclean's Camp
June 30 — July 2, 1998

For more information contact Glen Cooper, Special Projects Coordinator at Cree Nation Youth Department: (819) 673-2600 or your local Youth Chief / Development Coordinator

continued from page 7

to get off the ground.

Beaudoin's spokeswoman, Manon Larouche, said the minister "understood the importance of the project," and promised government funds will be forthcoming, though she wouldn't say how much.

"It's obvious this project will be in the plan," Larouche said. "The level will have to be decided."

Beaudoin also met with non-Natives in the region, including officials from Radisson, the Hydro-Quebec work camp.

Among the issues discussed was the "harmonious occupation of the territory" by Quebec, and how Beaudoin can help achieve this goal. Larouche said Beaudoin has no position on whether Radisson should be dismantled, as Crees advocate.

But she pledged her support for the Radisson officials' efforts to promote their community. "We are trying to develop the identity of the region. (The minister is aware of) the problem of occupying Radissonie," Larouche said.

Toxic spill not so bad: mining giant

Canadian mining giant Cameco Corp. says the toxic spill of 1,700 kilograms of cyanide in central Asia isn't as bad as local officials say.

A truck carrying the poisonous chemical to a gold mine operated by Cameco plunged into the Barskoon River earlier this month.

The accident poisoned 181 people, killed fish and cattle and contaminated a resort lake, announced Kyrgyzstan's environment minister, Kubulek Bokonbayev.

Cameco officials conceded that "a few" fish had died, but added it's not clear if cyanide was to blame. "All the information we have is that there are no confirmed reports of illness to either human beings or livestock," said a company spokeswoman.

The accident raised fears of an environmental catastrophe similar to last month's spill of 5 billion litres of toxic sludge at a mine in Spain owned by another Canadian mining company, Boliden Ltd.

That spill contaminated thousands of hectares of farmland and threatened Donana National Park, Europe's largest nature reserve.

Health Canada warning

Health Canada is advising anyone who uses EpiPen and EpiPen Jr. auto injectors to immediately return them to the pharmacy for free replacement. These products are defective and could be dangerous.

Under The Northern Sky

By Xavier Kataquapit

I've just finished a good meal of roasted chicken, mashed potatoes and turnips. I should be more careful because I think I'm gaining some weight. Come to think of it I have been eating very well lately, but often I think of my parents' wigwam in Attawapiskat and I can almost smell the odor of smoked geese drifting out the open flap.

One of the first things that come to mind, when I recall what I consider as Cree food, is bannock. These days this cake is baked in the oven in pans but is best roasted over a fire. When cooked over flames, the dough is wrapped around a stick and roasted over the heat.

The Snow Goose, or Way-way-o, and the Canada Goose, or Nis-ka, are staples of the Mushkego Cree diet. I love smoked goose, or Namehshtehk as we call it. Originally, the goose was smoked to preserve the meat, but today it is mostly a matter of taste. Smoking is usually done by hanging the geese high over a fire in a wigwam. The goose can also be roasted over a fire. Once it is plucked and gutted, a stick is inserted through the breast and a string tied to the extending stick ends and onto a supporting overhead rack or tripod above the flames. A goose is great to eat on site, freshly smoked, or you can store it for later, then simply boil and serve with vegetables. Another great way to enjoy goose is roasted over an oven flame on a sharpened stick; of course this is best with a fresh bird.

Fish was one of the staple foods of the Crees but today is not a big part of the diet. From time to time someone will head out on a fishing trip and bring back huge trout or pickerel which is then pan-fried. I remember having smoked fish a few times when I was a boy but this is not done much today. Fishing once was a big part of our lifestyle but in recent years life has changed for the James Bay Crees. People have full-time jobs now and food is available, albeit at an enormous cost, at the local grocery store. In addition one has to venture much further these days for good fishing.

Large game animals, such as moose and caribou, are also harvested from the land and still provide for a substantial part of a family's diet over the long winter months. These meats are usually used in a stew or fried or boiled as steaks and often ground into minced meat.

Tea ploss is a drink that is enjoyed mostly these days by older people. Many a hunter owes his life to this survival brew. It is best when you are out on the land during a hunt or on a trapline and you need a boost. Tea ploss is a combination of tea, flour, lard and sugar.

There are no gourmet recipes that come out of the frozen north but in a way the experience of dining on goose, fresh fish, moose or caribou is precious to me and I am surprised that these dishes are considered an exotic delicacy to many non-Natives.

Xavier Kataquapit is a young Cree writer born and raised in Attawapiskat. He now lives in Iroquois Falls, Ont. This column will be appearing regularly in The Nation.

Dark Secrets Laid to Rest

By William Nicholls

I was invited to a film screening recently. It was a disturbing documentary called The Nitinaht Chronicles. It follows the Ditidaht First Nation in Nitinaht Lake Reserve, B.C., as they work on a six-year healing journey. It was a film that left many with tears in their eyes, both during and at the end. The subject matter deals with some of society's biggest taboos - family violence, incest and sexual abuse. A difficult subject to even discuss, it is usually left in the dark. It is almost taboo even to bring it in the light of day, let alone to talk about it openly. It is a subject that could have torn any community apart and in this case it nearly did.

A National Film Board crew spent a long time with the community to such an extent that the people involved didn't even "see" them at times while they were dealing with their problems. It all started when a respected Elder was found to have sexually abused his granddaughter. The court case was held in the community. Accusations and other cases sprang up.

Both victims and perpetrators got together to begin healing and, in their words, to "ensure the future generations will not have to carry the guilt we did through our lives. We wanted them to have a fresh start." The film traces the roots of the problems and says that one of the main causes was the residential school system. The Nitinaht Chronicles is a testament to a community's courage in overcoming a tragic past. It tells of their hopes for rebuilding families and community. After watching this film, I interviewed Linda Edgar, the mother of Bonnie, the girl who had been abused.

The Nation: I don't even know where to start. I have a million questions and I have none because this is such a taboo subject. How did you feel after seeing the film?

Linda Edgar: It brought back a lot of memories and I felt very sad. It brought back memories I am trying to forget about. I had seen how affected my whole family was from my mom to my brothers, but mostly my daughter.

Is it hard to go through that? It must have been quite shocking to find out what happened.

Yes. I grew up quite close to my dad. When my daughter Bonnie told my mother Christine, they didn't know what to do about it. They didn't know where to begin. They kept it from me for three months. I knew Bonnie had been hurt but wasn't sure how. They told me that Bonnie had a serious problem and I should be aware of it because I'm her mother. Our lives kept going on every day, yet with this pain inside of Bonnie and my mom. They weren't able to tell what happened because it was my own father.

Someone at the screening said that it happens in a lot of communities, but all you had to do is change the names.

Not only Native communities; it's all over. You see it on the news. I guess more people are having the courage to speak openly about it. I believe that in our community it was a big secret and you shouldn't talk about it. If you did you got punished for it. That's what basically happened to me when I was 15. I tried to tell. I bore a child through sexual abuse at 15 and I lost my boy in 1992. There are a lot of things we went through that other people have gone through. It's not that dramatic. So I lost my son at 19.

I found it was surprising to see the victims and the victimizers together. The victimizers turned out to be victims also. Was it hard to see people face-to-face like that? To confront them?

No. No. Not for me at that point. My confrontation with a victimizer was easier than you see in the film. I was very angry. It shouldn't have happened to me and it shouldn't have happened to anybody, no matter what. The sad part about all this is that the victims and offenders are people you know. They are very close to you. People you grew up with, trusted and cared about. These are the offenders the victims know. It's not strangers. If it's a stranger then it's considered rape, but sexual abuse is within the family.

I noticed the men who offended got together and started a group to discuss this among themselves. Have you seen a change in the attitudes?

Maybe just a little bit. I know one thing I can say about my community is there isn't as much physical abuse against women. People won't tolerate it. As for sexual abuse, I think it could still be going on. If they were going to try to do something about it, it's not just a one-day thing; it's a lifelong job. You have to really know what you're doing while you're getting into it.

In the film I pressed charges against the three men who did it to me 18 years ago. Two years in a row I sat down with the RCMP just like this for about two hours straight telling my story. Telling what happened, what time, what I was wearing and what day it was, daylight or day, and this happened 18 years ago. I remember it very well.

It was something, like Bonnie said, you take something away from another person, something you can't give back. For me I was raped at the age of 12 losing my virginity. And that is because of who I am as a Native person how my ancestors and my grandmothers really tried to hang on to our customs of respecting other humans. So I grew up without that respect myself, let alone other people respecting me. It didn't matter. I didn't care if they respected me or not. I didn't have that within myself.

Has this changed for you?

Oh yes, it's a completely different chapter, a different book. I completely respect myself. I am proud of myself. I am proud to be a woman and for me to get here I had to give back to the offenders of mine. It was something I packed around for years. I gave it back to them. I said, here it's yours, that shame and that guilt, that dirtiness. And that unworthy felling I had for all those years.

Do you think they feel that?

Yes, I do and even today when they see me I have such a glow of well-being. You can see it on their faces in public or when I see them in the street. They have a look of remorse and guilt when they see me because I walk so proud these days. I won't allow anyone else to put me down so low. It's like getting my own power back. Before I dealt with this, if I met them on the street, I would hang my head or walk the other way. To me, that was giving them the power or saying they had power or control over me. Not anymore. I control my own power.

Do you recommend that other women do the same thing?

I do so, but it's really hard to say because you need support. You have to know the time is right for you. If they believe in the Creator like I do, then when the time is right they can deal with this. It's a lot of work and it takes up a lot of your time to deal with something like you deal with sexual abuse, especially if it happened 20 years ago. You have to dig up all those ugly memories that happened to you. Not only remembering it word for word because you have to give testimony to the police. You also have to remember when you go into court. When I first went to the police there wasn't enough evidence for them to go ahead. It had happened so long ago. I had to return a year later with more details: how I was feeling, what I was wearing, what day, year time it was, where it happened, was there sheets, blankets? You have to remember all that stuff; it's very important. It's a lot of work. A lot of work from the inside.

Was it hard to talk to the police?

Yes, it took me six months. I had a counselor who stood with me for those six years that I went through this hell. Every time I had an appointment with the police on the actual day, I said I shouldn't, I can't do it. About twice a month for six months I tried to go and finally said, I can do it. Because the counselor acted like the police and asked me the questions they would ask me. It helped me face it.

This gives me the courage to ask this question. How about your father? How do you feel about him?

Today, I love my father very much. He means the world to me. It was work getting through everything. I live off the reserve. In fact, I've been on my own since I was 15. I was close to my dad since I was young. I went fishing with him and other things with him. It's very visible that I am close to him. Because of the role my father played in my life I was able to separate the wrong that he did from the good he had done.

For me my belief is that he is doing more good today for all of us, including Bonnie. Some people might not agree with this, but you have to be in our shoes to understand. You would have had to live with us every day of our lives to know exactly where I'm coming from. Bonnie loves my dad today. We've always been a close family. We've always been there when someone needed anything. We're able to lean on each other and depend on each other.

I understand Bonnie's in business?

Bonnie's a chef with my older brother. He's on the West Coast trail where they have hikers all summer long. When the trails are closed she works as a clerk. She's doing fine. We had a nice graduation party. She's happy and to me that's all that matters.

In the video, you see other families that are involved in the communiy's abuse problems. Do you feel that this type of community healing was...

I guess with my dad's court case and sentencing, it happened right on the reserve. Even people like Jack Tompson, who is an offender, was really against my father's doings. A lot of people were against him, but yet they had their own garbage. They were offenders themselves so it wasn't fair that such people with authoritative figures point the finger. These people in my eyes - as Jack said in the being of the video, the victim is going to be affected for the rest of their lives. He's right and I'm Jack Tompson's victim. He sexually abused me when I was a young girl. I was 12 or 13. He denied it and we went to court for five years. He wanted to pay me to stop the case (allegedly?). That's why the other families got involved in the healing because they were victims and offenders just like everyone else. It was not right for them to point the finger.

Do you see this as going anywhere for the community?

I believe it would go somewhere if I was around. I'm not liked in my community because I'm against violence. Not just sexual abuse, but violence as a whole. I'm a very outspoken and strong woman, especially after what I've been through in the past eight years. I think it would continue going somewhere as long as people are against. As long as they say our community can be close if we want it.

Do you think the documentary will help people in communities who want to confront sexual abuse?

Yes, I think our documentary would be helpful to a lot of communities, resource places that are against violence. I believe that both men and women can use this. I am not a feminist; I believe that men and women should be equal. That whatever anyone has to say should be acknowledged whether we believe it or not. They have that right and it makes so much difference in the world if people listen and not just talk. We have to listen to the people who are hurting. This video would be helpful to one person or 10. As long as I know our young people are not getting hurt...

It's not right because it would be like having World War III, but it would be inside the young people themselves, in their own communities and in their own little worlds. Let's not dump our unfinished business on to the young people because they deserve a better life than we had. It's people like myself who can help make a difference. It's not fair to them to make them carry our garbage around with them. They have to be able to reach for the stars.

Interested parties can get more information and possibly order the film, complete with a user's guide, by phoning 1-800-267-7710.

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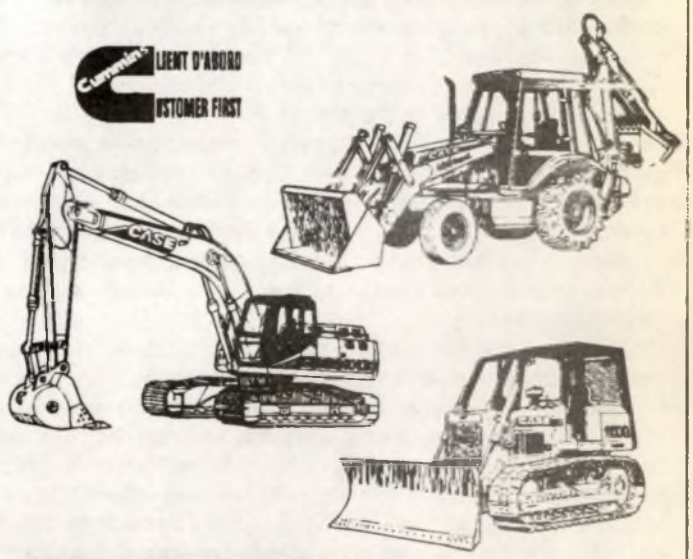

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Never Without Consent

By William Nicholls

This, without question, is a book that every Cree should have as required reading in school. If you have ever had a question on what, why or how Native people should look at themselves in terms of the Quebec sovereignty question, then this is it.

This is the Everest that Bouchard and Company will have to climb. It is clear and concise on what the position and logic of the Crees are in relation to the question. While the Fed's and PQists talk about hypothetical questions, the Crees surge ahead and look at them realistically. The Grand Council of the Crees and the Cree leadership look at the local, provincial, federal and international implications of the desires of the Parti Quebecois. They look at them from a legal viewpoint as well as a moral viewpoint.

Never Without Consent also looks at the attitudes of the sovereignists and the resulting fears of Native people that force would be used to include in an independent Quebec. The book is a shorter, more readable version of Sovereign Injustice, which the Grand Council put out in 1995. When that book came out, some journalists attending the press conference described it as a "war manifesto."

KING, *THE OTTAWA CITIZEN*

As Never Without Consent points out, "This suggests the extraordinary atmosphere in the province: Even when we Crees pursue our aims by exercising all the instruments of democratic debate - books, studies, referendums, for example - as we have done for many years, we are attacked for being belligerent and warlike. It is strange to point out that books and democratic votes are the antithesis of war."

Within the book, the words echo the words of many of the Cree leadership when they say, "Let us repeat: we Crees have never been and are not secessionists. There is no Cree independence movement, and we are not looking to secede in the present context. Actually we are looking to retain and strengthen our links with Canada and Quebec. We do, however, reserve our right to secede if we are forced into a secessionist Quebec."

Therein lies the problem for an independent Quebec. The Natives want the devil they know, not the one they don't know. At the launching of the book in Montreal earlier this month, Grand Chief Matthew Coon Come said if Crees were forced into an independent Quebec against their will they would become "Quebec's Quebec." Indeed, this is the basis for many of the arguments. The Crees use Quebec's argument for sovereignty against them, claiming there is a double standard when you say, "Do as I say, not as I do."

The book disagrees with the sovereigntist claim that force isn't implied in Quebec's "effective control" in its perceived territory. The book points past Oka to the riot police flown into Inuit territory to put down a difference in language and the raid on Restigoush's fishing nets.

Cree leadership felt "we Crees have been described as warlike and hostile," according to the book. They talk about Great Whale, saying that they were accused of waging "judicial guerilla warfare." When Coon Come announced 96 per cent of Crees voted not to be separated from Canada without our consent, a journalist asked, "Mr. Coon Come, is this a declaration of war?"

The book also talks about the desires of the Crees, the illogic and double standards of the sovereign desires of the Parti Quebecois, the legality of secession both under Canadian and international law, the unilateral imposition of Quebec territorial integrity, the effects secession would have on the JBNQA, the lack of informed discussion in Quebec, the limitations of any Quebec referendum, the fiduciary responsibilities of Canada and Quebec to the Aboriginal peoples, and many other subjects of interest to any Native person living in Quebec.

Grand Chief Coon Come promised Cree schools would be getting copies for their use. I would recommend all try to read this book. At times it is a little dry, but always interesting.

All in all this book looks at the questions both the federal and provincial governments refused to even consider, as they were "hypothetical." It is good to see that someone had. Unfortunately, this book is only available in English, but Coon Come said a French version is possible if there is enough demand. I would recommend that francophones out there create a demand. It would give a clear insight into the Crees and how they view secession.

Never Without Consent can be bought at any book store or you can order it by calling General Distribution Services toll-free at 1-800-387-0141 (Quebec and Ontario), 1-800-387-0172 (all other provinces) or fax: 416-445-5967.

Cost is $21.95 and the ISBN number is 1-55022-301-1.

But hurry. Only 5,000 copies were printed.

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My First Child

Told by Sarah Ratt

When I had my first child, I was told what to do and how to handle myself. When it came time for me to give birth, our elderly woman and my aunt Daisy were there. Fortunately, I did well when I gave birth because I did what I was ordered to do. I obediently listened when I was told what to do and I didn't have any worries. My child was born.

When my child was born, the placenta didn't fall out right away. I think it didn't fall out for two nights. I didn't feel anything wrong at all. The women who were working on me placed hot stones on both sides of me to heat me up. I didn't feel anything wrong. They knew the reason why the after birth didn't fall right away. They said that it must be hanging stuck. I didn't feel anything wrong when this was done to me.

Castoreum was boiled to make castoreum broth. I was told to drink it when I had my first child. I was given one cup to drink. After drinking it, I still felt that there was nothing wrong. I didn't lose much blood when I gave birth. I guess the women who were looking after me wanted to help me. I was told that the broth helps a woman so she doesn't lose too much blood even when she has many children. I was told that a woman will not die because she lost too much blood. I wanted to take care of what I was told. I really listened obediently when I was advised because I believed that the older women were the ones who first gave birth and were the first reared children. I did what I was ordered to do. Then the afterbirth fell out.

The women told me that a woman should take care of herself when she has her first child. I believe that it was a month that a woman wasn't allowed to work with water because that was how much the people wanted to take care of her and wanted her to be strong for a long time. She should take care of herself and know what she should wear. I was told that a woman should absolutely wear a hat. I agreed because I didn't talk back to what was being ordered for me to do.

I really wanted to take care of what I was ordered to do because I believed that the older women knew more that me even though there was no doctor around. There were no doctors when a woman was giving birth long ago because a woman always gave birth in the bush. Wherever the family was, that was where the child was born and the woman still did very well when she did what she was ordered to do.

I think we were living with my aunt Daisy for a week. It was already early summer, it was May 18. My aunt Daisy and her people left first by canoe down the river to here. I think we were at that place for ten days after I gave birth. Then we came down river also. Nothing went wrong for us and we simply came down the river. We were doing well when we reached the settlement.

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world wide webb

Cyber-stalking could happen to you. As a cyber friend of mine could attest. We'll call her "Sara." Sara, like Kachine, is another friend I met on the Internet. Even though her job is Internet-related, and she is Net-savvy, she still had fallen victim to a stalker.

It is true that that you get out what you put into it. **GIGO** still holds true... **G**arbage **I**n **G**arbage **O**ut. Or in a less polite way... **BIBO**... You figure it out. A lot of people expect world peace to break out when they log online especially when they log on to the chat rooms.

Chat is the CB radio of the Internet. A whole lot of communication about a whole lot nothing. You will have to weed through a lot of junk before you find any quality content or friends. But it's still fun if you don't mind waiting. World Wide Wait indeed. But I digress... Anyway be careful of the information that you give out on the Net. Names, phone numbers, email... etc. Here is my Net interview with "Sara."

Sara: Hello again!!
Iyiyuu: k let me start...
Sara: ok
iyiyuu: I did cyber romances last issue with Kachine and Dune
Sara: awwww.... how nice
Sara: cool...
iyiyuu: so now I want to do something on the horror of the net.
iyiyuu: so people will be aware of the dangers
Sara: yeah... that's really, really good...
iyiyuu: there are a lot of newbies
Sara: yep...
Sara: and they are going to be swallowed... if they don't watch out
iyiyuu: going on the chat rooms... you know how people can be... well you know
Sara: yep
iyiyuu: so tell me about your experience
Sara: it's been hard for me to stay here... I am only here to talk to family now..
iyiyuu: you mean the NAC (Native American Chat) family?
Sara: no... my real family... I have family on here
iyiyuu: oh cool
Sara: so anyway... just downloaded the software to save on long distance...
Sara: and my aunt downloaded too...
Sara: I sell Internet services... and sold to everyone in my family
Sara: I used to chat years ago... I have been on the net a long time...
Sara: but I hated it... the talk... the people... it was too phony
Sara: so anyway... I didn't load it...
Sara: met a lot of people from here and there...
iyiyuu: it is the CB radio of the net
Sara: yep
Sara: not really talking to anyone
iyiyuu: but you were hooked?
Sara: no... far from it...
Sara: see my family got hooked bad...
Sara: and I would get on... get bored... and leave
Sara: my family and I would meet here.
Sara: so anyway... I don't really like the way people talk on here.
Sara: but... I met this one guy... from San Fran
Sara: and I have a cousin down there... so we started talking... and stuff
Sara: I used to come to talk to my family... cause everyone else always wanted to cyber
iyiyuu: cyber?
Sara: well you know...
iyiyuu: not everyone does
Sara: wanted to have cyber sex...
Sara: and I really think that people's lives are so sad if that's all they get on here for...
iyiyuu: otherwise known as one-handed typing?
Sara: haha
Sara: good one
Sara: but... I met this guy... and he wanted my email....
Sara: and he gave me his and asked if we could keep in touch...
Sara: and that I seemed really nice
Sara: and he would email me all the time...
Sara: telling me about his life...
Sara: everything... about his life...
Sara: from his bad marriage... to his child... to his work... to school...
Sara: everything...
Sara: and I think my mistake was listening to him...
Sara: and telling him really? oh yea? and stuff like that
Sara: cause I think a lot of people that get on here are looking for that
iyiyuu: did it progress?
Sara: but one day he asked for my phone number
Sara: and I don't know why I gave it to him... I wanted to hear his voice I think
Sara: but at the same time I wanted to tell him how busy my life was and stuff like that
Sara: he was almost 10 years older than me... and I didn't think anything
Sara: cause you think these people are way too far to do anything to you
iyiyuu: was it scary?
Sara: yes it was
Sara: but it was my cell phone # I gave him and I knew that I was going to change it
Sara: but anyhow... he called
Sara: and he told me how nice my voice sounded and how nice I was... and stuff like that
Sara: and I couldn't go into VP (Virtual Places) without him IM'ing (instant message) me...
Sara: and he would then ask if he could call me
Sara: I changed my number...
Sara: I think it was because I couldn't be assertive...
Sara: you know tell him... leave me alone and stuff
Sara: but anyway I changed my name in VP
Sara: I changed my cell phone #
Sara: I blocked him from sending me email
Sara: well I blocked his email address
Sara: and then I thought that would be it
Sara: but he phoned Regina Directory
Sara: and got my home #
Sara: my address...
Sara: he sent me a card and his picture
Sara: with kisses all over it
Sara: and he told me that he wanted to fly to Calgary
Sara: and what scared me... was that

Sara: I knew he had the money to do it if he wanted
Sara: and he now knew where I lived
Sara: and my phone #
Sara: I even had nightmares of him walking up to me when I was walking into my home
Sara: or knocking on my door
Sara: my roommate was more scared than I was
Sara: but when he first called I seen a different # on the caller ID...
Sara: and I let my voice mail pick it up
Sara: and then he said
Sara: Sara... I miss you... what's wrong... did I do something wrong... I am sorry... please talk to me
Sara: man it was prettty scary
Sara: he would call all hours of night...
Sara: all day...
Sara: and I didn't want to change my #
Sara: I looked at his picture and I thought... what a sad man...
Sara: but it was back in October
Sara: well I will try to remember more...
Sara: I have to run
Sara: see ya later...
iyiyuu: k thank you
iyiyuu: cya
Sara: ok....
Sara: to me the story is really boring
Sara: it was my fault and I know it
iyiyuu: well people gotta learn
Sara: yep
Sara: bye
iyiyuu: bye

There you have it... Do forget, big brother is watching. Always assume that someone somewhere is watching you on the Net. Assume also that someone is also reading your email. Aakudaa? Aakudaa! Next issue, "I seek you."

- iyiyuu@mail.com

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Airport Expansion

Good news for Chisasibi residents

Congratulations to the community of Chisasibi. Residents have finally attained the airport expansion that the community needed. Now the Chisasibi Hospital will be able to med'evac patients out if needed. In the past the patients had to go to the LG-2 airport. This expansion increases patients' survival rates. The airport expansion will make it easier for Chisasibi to connect to the other Cree communities and the world.

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CREE REGIONAL AUTHORITY

Spitting on Natives?

Is there a place for the Iyiyuuch, Mi'qmaq, Innu, Inuit, Kanienkehaka in the Quebec family?

The government of Lucien Bouchard is holding out a seat at the table with its new First Nations policy. But it has already been denounced by the chiefs (see News, p. 5).

Marianne Roy is a supporter of Quebec independence who agrees that the government's approach is wrong. She calls it "outdated," "paternalistic" and even "slimy."

Roy is coordinator of Solidarité populaire Québec, a coalition of 133 province-wide groups representing about 1 million union members, women, environmentalists, students and others. She emphasizes she isn't speaking on behalf of the coalition, but offers her personal views.

-Interview by Alex Roslin

***The Nation*: What do you think about Quebec's new First Nations policy?**

They still come from a position that is hard to understand. There seems to be complete non-comprehension of why the issue of fiduciary obligations is so key. And why Aboriginal people wouldn't just say, okay, we won't deal with the federal government any more; we'll deal just with you. There's no understanding of the fact that this is where people's rights are embedded. You're not going to give it up for something you don't know.

Nowhere do I get the feeling that the Quebec government is talking about recognizing the rights of First Nations. It is treated more like a business contract. I can't understand why they can't put something together where there would have been more consultation with First Nations.

There's no real attempt to understand, to put themselves in the other people's shoes. I mean territorial integrity comes up about 1,000 times (in the document).

Even from a strategic point of view, it's not smart. Even if your real position is, don't touch Quebec territory - which is the PQ's position - it seems to me if you really believe you're going to be entering into negotiations and discussing issues of that nature with another people, you don't start off spitting in the face of the other person.

It seems they just don't understand. And I say that because I don't think the PQ government are stupid people. Strategically, you'd think they'd want to put something forward that moves things ahead because, strategically, for them the issue of First Nations' sovereignty is important because of Quebec's own national question.

The other thing I wanted to say was I thought this study was done in the context of the Royal Commission. What's really interesting in the commission's study is it talks about legal kinds of issues. In fact, we can see there are many different sources of law in what is now Canada. There were laws and traditions that existed before Europeans arrived. They were always there and many people still live according to them. Some of the stuff was integrated into the other law systems, both French and English, in the development of Canada.

Acknowledging this is a good starting point for these kinds of discussions. It may be smart for someone to take that up.

Do you think there's a fear among the people who wrote this report of going too far in recognizing Native sovereignty?

No doubt. One of the issues in Quebec's paper is the question of development. It's true those underlying economic interests and realities are there and no doubt dominate this kind of paper. But I still think it's strategic and a smart move from the point of view of the Quebec government - not even from the point of view of justice - to develop a position that would be exemplary in international fields, world-wide. Why don't you get the principles straight, the orientations?

The fact that's not present, though, what does that tell you about the present government or its level of strategic vision?

I think the issue of First Nations is one of their weakest points.

Do you think some of the policy is designed to claim jurisdiction over the entirety of Quebec?

On the issue of Quebec territory, there are no options left open. It's the bottom line. You can't even discuss what that might mean. To that extent, yes to your question...

One thing I found that's really paternalistic, unfortunately, is they mention quite a few times how the number of youth in Aboriginal communities is large, how it's going to grow larger, and if we don't solve these problems there's going to be trouble. In reading it, they're talking about trouble for Native communities, but also trouble for Quebec as a whole as well. It's just the way it's brought around is a little slimy. Too much the carrot and stick kind of thing. I mean it is a fact. It is a reality. But the way it's brought up is like saying you better give in on some of these things, otherwise you know what's down the road and we know what's down the road too...

The PQ has this terrible inability putting themselves in the shoes of the other people. I think there has to be a lot more dialogue. I'm not even talking about the political level, the governments, but at the people level or organizations.

One thing that strikes me is the media coverage of Native people is, at times, I would say almost hateful. Do you have that feeling?

Oh, yes. It's despicable. Occasionally, you'll have a good article or a good thing on TV that tries to get at reality, instead of just screaming and yelling at each other. But it's very once-in-a-while. It has really no impact.

There's some discussion among various people now to sit down and get this dialogue going among people, not just politicians. It seems to me the government will move once they've had the feeling they have to move politically because people want them to move.

How hopeful are you that something like that will happen any time soon?

You can't say it would be easy. But it's not something that is insurmountable. There are things that are being done, but it has to be more organized. There has to be a plan of action. Even small groups of people. Getting together and working something out. Go and talk to different communities. Maybe we can come up with something.

I think there are tensions out there that can always explode and I don't think anybody wants that. It just seems incredible. I mean I consider myself a Quebecer. I voted yes in the two referendums. God knows what I'll do the next one. (There has to be) a partnership with the rest of Canada, some recognition of Quebec for what it is. But I'm convinced that same thing has to happen with First Nations. To me it's so obvious. How can you want self-determination for yourself and not recognize it as a right for others? It's beyond me.

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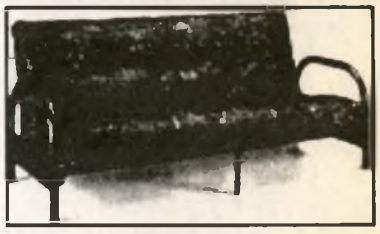

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The Twilight Zone

by Thelma & Louise
Your Horror-scope

Gemini (May 20-June 21) You are at your zenith of your ability to perform great and notable things. Utilize this period of power to resolve all postponed problems. Relax and let the good times roll.

Cancer (June 22-July 22) You're regaining your self-esteem, and this new dimension of pride will give you new energy to start new projects with full force. Time to put those strong, positive, recurrent thoughts into action.

Leo (July 23-Aug 23) You are now forging through uncharted terrain that will last for a couple of months. Heads up Leos and don't worry. You will emerge from these new challenges more polished and confident than ever.

Virgo (Aug 24-Sept 22) Take a deep breath and get ready for excitement, adventure and new horizons. Spread your wings and soar to the very depths of who you are. Life is waiting for the taking. Now is the time for your piece of the pie.

Libra (Sept 23-Oct 22) There will be many serpentine plot twists before things settle down, either of your own creation or that of others. So look for ways to revive yourself with new energies and put the exhilaration back into your life.

Scorpio (Oct 23-Nov 21) Dramatic changes are in the air. You will be tested by circumstances beyond your control. Spiraling rays of gold are headed your way, or so say the unseen forces of your karma. Embrace what cometh.

Sagittarius (Nov 22-Dec 22) You must learn to grab opportunities without hesitation as the wheel of fortune turns. No matter how brief they may be, your luck will surely change. Tired of being an observer, it's time to inject fun into your life.

Capricorn (Dec 23-Jan 19) You would love to experience the adventures of your dreams. What's stopping you? If you were able to prove yourself just once that you weren't afraid to face adventure. It could mean a whole new life for you.

Aquarius (Jan 20-Feb 18) You are like a snake. Ready to shed your dead skin and begin a new cycle. Get ready to break out of old habits & ruts in your thinking. So if you want to take a walk on the wild side, go ahead. Odds are on you.

Pisces (Feb 19-March 20) It's time to explore new ideas. Trust your own resourcefulness and focused will. Don't get feisty, just stay in touch with what is right for you. Even blindfolded, you can find your way. Stars are smiling on you.

Aries (March 21-April 19) Admittedly, you have endured prolonged exposure to unpleasant conditions. Say good-bye to hard times and dead ends which seem to creep up from everywhere. Your road to happiness has been unblocked.

Taurus (April 20-May 19) Don't scatter your mental efforts far and wide on projects that are doomed from the start. Keep your infamous temper in check. Your stubborn streak will not work for you this time. We are smiling on you!

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QUIZ

Relationship Reality

Answer each question for yourself, then go over them again and choose (honestly) how you think your partner would respond. There are different categories: temperment, daily habits, money, work, and values. You'll see what works for you and what you still need to work out. It will help you decide whether or not you can make the compromises necessary for the relationship to work.

Temperment:

When you fight:

☐ you yell a lot to get it all out of your system

☐ you take time out to think about the issue and then discuss it calmly

☐ you think fighting is a waste of time - life is too short

Your partner is leaving for a fun-filled weekend alone with his/her friends. How do you feel?

☐ sad and lonely - you hate being away from each other

☐ okay - you can hang out with your own friends and make sure that the next weekend getaway is together

☐ yeehaw! you're single for the weekend and loving it

Check off all that apply:

☐ you're a people person - you like to meet new people in social situations

☐ you think about things for hours before you can make a decision

☐ you blow up easily

☐ you tell your friends everything

☐ you always see the bright side of things

Daily habits:

Your favorite way to fall asleep is:

☐ watching TV

☐ reading a book

☐ talking until you doze off

When people come to visit your place, they usually:

☐ trip over all the junk on the floor as they walk in

☐ feel at home - your place is comfortable and tidy

☐ take their shoes off and tiptoe around your stuff - they know how picky you are

Check all that apply. Do you:

☐ smoke

☐ eat healthy

☐ gossip

☐ work out regularly

☐ always have the TV or radio on

Money:

When it comes to paying bills, you:

☐ make the minimum payment

☐ pay as much as you can afford and leave yourself some spending money for fun

☐ pay them in full as soon as you get the bill

When you buy gifts, you usually:

☐ get your loved ones something great, even if it costs more than you planned

☐ get something little that fits in your budget that you'll know they'll like

☐ it doesn't really matter what you get - it's the thought that counts, right?

You just got a bonus. You:

☐ save it for a rainy day

☐ splurge on whatever it is you've been dying to get lately

☐ buy something that you need and save the rest

Work:

When your partner decides to work overtime you feel:

☐ neglected and peeved off - what about you?

☐ you understand. It's nice to know you're involved with someone who cares about what they do

☐ thrilled - someone who brings in as much dough as possible is just what you've always wanted

You work to:

☐ make lots of money

☐ do what you love and fulfill yourself creatively

☐ pay the bills

If you were to have a baby, you would:

☐ find out about daycare costs - you both want to work full-time

☐ one of you has to cut down on hours - work is important but so is family

☐ one of you has to leave your job - kids need one parent at home

Values:

How important is religion in your life?

☐ a lot. You are a strong believer and a faithful follower

☐ somewhat. You follow the major holidays, and attend services occasionally

☐ not at all

The perfect way to raise kids is:

☐ with as many activities as possible - encouraging them to explore their talents

☐ leave them alone. Just make sure they don't get into trouble at school

☐ let your interests be your guide. You know what's best for your child

Check all that apply:

☐ we share the same religion

☐ we grew up living under the same economic circumstances

☐ we come from the same cultural background

☐ we have the same level of education

☐ we agree on having kids and how to raise them

Now that you've answered the questions for both yourself and your partner, go back and count how many of your answers matched up. Your score will tell you how well suited you are to one another.

If the majority of your answers are the same, great! It's a match. But if your answers don't all correspond, don't panic. Take a look at the issues that you don't agree on and decide how important they are in your life. Then set aside a time when you can talk about it, and decide what's needs to be worked out. Only you can decide, as a couple, if it's worth the work, and how to figure things out.

- Deantha

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The successful candidate will be innovative, a strategic thinker, and have excellent problem-solving skills and decision-making abilities. Sound judgment, effective interpersonal skills and superior abilities to communicate are also required to represent effectively the views of the Commissioner's Office to senior public service employees at all levels of government, Parliamentarians, industry, fishery stakeholders and the general public.

Academic experience in scientific disciplines pertinent to aquaculture and proficiency in both official languages would be assets.

The chosen candidate must be prepared to relocate to the area of employment and to undertake extensive travel.

This notice has been placed to assist the Governor in Council to identify qualified candidates for this position. It is not, however, intended to be the sole means of recruitment.

Please provide a copy of your résumé and other information that will assist with the consideration of your application by **July 6, 1998** to

The Prime Minister's Office, Director of Appointments
Langevin Block, Room 406
80 Wellington Street, Ottawa, Ontario K1A 0A2
(613) 957-5743 (facsimile)

All applications will be treated confidentially.

The deadline for receiving applications has been extended in order to permit a wider distribution of this notice. All applications which have already been submitted will be considered. There is, therefore, no need for candidates to reapply.

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100-BIRTHS

Congratulations to our daughter Marina Moore on the birth of her beautiful baby girl Zoe Destiny, Mary Jane Moore, weight 7 lbs, 8 oz. Born on earth day, April 22nd, 1998 at 5:04 p.m. in Val d'Or. We wish you all the best, Zoe. You're our first grandchild.You made us extremely happy & very proud grandparents. We love you with all our hearts, dad and mom, chum-shum and goo-gome.

Congratulations!!!! on the safe survival of Isaiah Charles Nicholas Loon born on May 17, 1998 at 6:23 p.m., weighing at 10 lbs., 7 oz. Proud parents are Bella and Clifford Loon (mist) He is one adorable little boy. With love from mom and dad Loon, Jeanette and family, Natalie and family, Kyla and boys and Kevin.

101-BIRTHDAYS

Happy birthday to Rennie Salt on may 5th. Hope you had a wonderful time on your birthday. From mom and dad, Andrew and Hilda Salt.

Happy birthday greeting to Daniel Kitty on April 28. Happy birthday on your special day and many more to come. from your mom Gloria (Chisasibi)

Happy 2nd birthday to Thomas Simon Atsynia on June 1st. Happy birthday and many more to come. We love you very much. Enjoy your special day. Love always, mom, dad and Delmer Atsynia (Wem)

Birthday greetings to my brother Samuel Kitty on April 6. We wish you the best and hope your day will be as special as you are to us. From your only sister Gloria and family (Chisasibi)

A very special happy 1st birthday greeting to my grandchild. little miss Elita Icebound in Waskaganish. birthday April 29th. From your forever young grandpa Gordon (Ish)

Happy 13th birthday to Vanessa Otter in Waswanipi. How's life treating you so far? We miss you alot. From your friend in Wemindji, Sequan V. and Lorna V.

This one goes out to the one I truly, deeply, madly love. Hid birthday on April the 8th. Happy birthday Walter and many more years to come. From Suzie and your son Jonas. Love you. xoxo.

This birthday greeting goes out to Wemindji. Happy birthday my friend. His birthday is on May 1st. His name is Braven Georgekish. From Jonas Rupert. Chisasibi, Quebec. May God bless you. xxx

Birthday wishes going out to my sweet loving sister Jeanette Coonishish on April 4. happy birthday to you and many more to years to come that God will bless you. I love you so very, very much. From your boudou sister (Guess)

Birthday wishes going out to our sisters Christine and Evelyne on April 12. You may not get everything you wanted on your birthday but you have our love always. from your sisters Jeanette and Sarah.

Happy 1st birthday to my son Brent Blacksmith on May 4, 1998. I want to tell the whole world that you mean the world to me. Baby, you have brought so much love, joy , happiness and laughter into my life. You are so special to me. I thank God for having you in my life. You are the miracle of my life and I will always love you with all my heart. I send big hugs and kisses to you on your special day and to tell you that I love you with all my heart. Love, mommy Edna.

I would like to wish my precious daughter Jordanna June Moses a happy 3rd birthday on June 7. May all your dreams and wishes come true baby. Have fun on your special day. With lots of love, your mother Victoria Wischee (Wask)

I want to wish a happy late birthday to my dad Freddy SB on March 15. Wishing you the best in everything you do. Even thought you're getting more white hair as you get older. Hope you had a great time. Love always, your daughter Jamie Fawn Mianscum (Ojay) xxxxx.

I still remember when you both came into our lives you were both so small and perfect. Israel you came to us on an early morning, you were so tiny. I was so scared of dropping you, but you looked straight up at me. I forgot all fears and cried tears of joy and held you with prise.. Isaiah you came to me on a rainy day but you brought sunshine to me in every way. And you still brighten my rainy days. So happy birthday to two special boys. We hope your days are

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as bright as you both are. We love you with every beat of our hearts. Happy 4th birthday to Israel Austin on July 31st. Happy 2nd birthday to Isaiah David on June 3rd. Love, your parents Paul and Emily B. Diamond.

Happy 2nd birthday to my sweet adorable daughter Darla Meredith Anna Hester on June 5, 98. Hope your day will be as special as you are. I love you with all my heart. Love , mom Edith Ann (Waskaganish)

Happy birthday to my godson Thomas E, on April 5. I love you very much with lots of kisses and hugs. Another birthday party will go on for Pasha on April 30. Many more to come. I love you both. From Lucie P. and martin P.

To Robert Gunner. Happy 4th birthday to you Boy and we love you so much this day, on May 11. Love always, Lynda, Diana, Nick, Lindy, Leonda and Leona.

Happy birthday Lyle on April 2nd. We wish you all the best in years to come, From Amusement Hall. LK, GL, GC, RV, AS, and JC. P.S. we hope you'll have fun on Senior tournament in Amos. But don't overdo it.

Birthday greetings to my sister in law Clara Kanatewat on April 5th. And to my brother John on April 21st. happy birthday and many more to come. From your sister in law and sister Lorraine K. (ChisasibI)

Has another year come and gone already? Time sure flies, May 16 is just around the corner and I haven't the foggiest idea of what to get you. You'll be nine years old and already impossible to buy for. dad says just get her a card and put a twenty dollar bill in there so you can take a friend to Jacob's for their famous poutine. maybe this simple wish will be enough for you this birthday, Twyla Dawn Diamond. Bonne Fete ma beau fille. With love always, Mom (Lorraine) and dad Eric.

Belated birthday greetings to my auntie, namesake Janet Joyce Hester on May 5, 98. Happy birthday. How old are you now? I hope you will not party or get drunk. Think about it first before getting drunk. Happy birthday to you loving auntie. Take care of yourself. I love you. Miss ya. With love, your niece Darla Hester (Wask)

Birthday wishes going out to two of our wonderful grandsons nephews and cousins. Philip John Weistche who celebrated his 15th birthday on May 9, 1998 and to Norman George Katapatuk who celebrated his 12th birthday on April 12, 1998. We sure are glad you guys belong in the family wand we love you both very much. Hope you guys enjoyed your once a year occasion. From grandma, grandpa, aunts, uncles and cousins (Weistche family) Waskaganish.

Happy 5th birthday to my niece Rose Mary Gunner on May 23. Happy birthday and many more to come. With love, Diana, Lynda, Nick, Lindy, Leonda, BB and Leona.

We want to wish our baby Ray a happy first birthday on April 23. You have made our lives enriching by being a part of it. We love you dearly. Enjoy your day...Ray, Mina, Theresa and Warren.

ey and Baby Robert.

Happy birthday to Daniel (Burger) Georgekish who will

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Canada

be celebrating his birthday on June 7 and to our special (Chooki-lee) friend Terry Georgekish who will be celebrating his birthday on June 11. You two guys don't party too much on your birthdays. Come ion you guys you don't need alcohol to have fun on your birthdays. be like us. From your alcohol free friends Jimmy K, Bertie-John Geo and Elvis (The Sharkster) Kakabat.

Happy birthday to my daddy Mario Rupert on May 6, 1998. I love you so much. Hope you have a great birthday. Love, your daughter Angel P. Rupert. Chisasibi.

Jordanna Moses will be celebrating her birthday on June 7. I am truly blessed to have such a special sister. Have a happy birthday. Love you always, your big brother Jordan Moses

Birthday wishes going out to my sister and aunt Lynn Ann Joyce. She will celebrate her 17th birthday on may 8. Happy birthday Lynne! Hope you enjoy your birthday here in Wask. I love you sis, with love, Christine and your nephew Jonathan Weistche.

On May 21st, 1986 a precious baby girl came into this world. She was a cut and adorable little girl. Now she's almost a teenager. Her name is Marsha Ramona Clarice Kanatewat. Marsha I loved your Ice Show. I was so proud of you and your brother Peter. When you skate alone on the ice, you gave me chills and started broken to tears. And that's how proud I was. I know you were so excited when Elizabeth Manley came to our town and she wrote her name on your skates. happy 12th birthday, Marsha. Bush lady. With love, auntie, Lorrainne K. Chis) xoxoxoxoox

300-PERSONALS

This ad's for you! To the one and only Jee-ka-yab-mido-dow PRODUCER, first time AUNTIE, ANNOUNCER/TECHNICIAN, CSRA member, VESTRY member, not to mention and easy BLUSHER, our Chisasibi YOUTH CHIEF, Whis-Jin-Eets-Goe Jennifer Pepabano. How can you blush that many times a day and still be able to do that many things?(We bet this ad will bring on one) From your co-workers. Hope you have a blushing summer!! This is not to make fun of you, this is the only way we could get your name in *The Nation.*

I would like to say hi to my friends in Waswanipi, RB, RD, BI, Jonathan Saganash, RO and to my two sisters Monique and Suzanne. I miss you very much. I wish to see you again soon. From Christina Saganash, Clarence Miniquaken

This mother's day wish is going out to our mommy Virginia Bearskin in Chisasibi. Even though we do not say it often, we love you very much and we thank you for being there for us. Once again, we love you very much with all our hearts. From your four daughters, Pierrette, Kristen, Melanie and your only son Aaronsh. xoxoxoxoxoxoxo

I would like to say hi to my cousins in Mistissini Lynn and Emma Coonishish, Carla Edwards, Ben and Kisis Mitchell. So, how's life without me over there. Is it fun? Write to me: P.O. Box 315, Chisasibi, Quebec, J0M 1E0. I don't have time to write you guys. from your cuzin, Sonia Petawabano in Chis.

Happy mother's day to all the people who are special, such as my mom Catherine Iserhoff Etapp, all my sisters Marlene, Helen, Suzanne, Sarah, Maggie and all my sisters in law, nieces. Happy first mother's day to Marina Moore and my nieces Julie Moore, Angela Etapp, Nadia Etapp. Hope you all have a wonderful day! Love, Mary.

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- ***Winner of the 1998 National Aboriginal Achievement Award for Community Development***
- ***Husband and father of four children***

Cree Board of Health and Social Services of James Bay

3rd Annual Cree Nation Fitness Challenge (CNFC)

"Where the Elite Compete"

August 7 & 8, 1998 • Nemaska • Registration Deadline: July 31

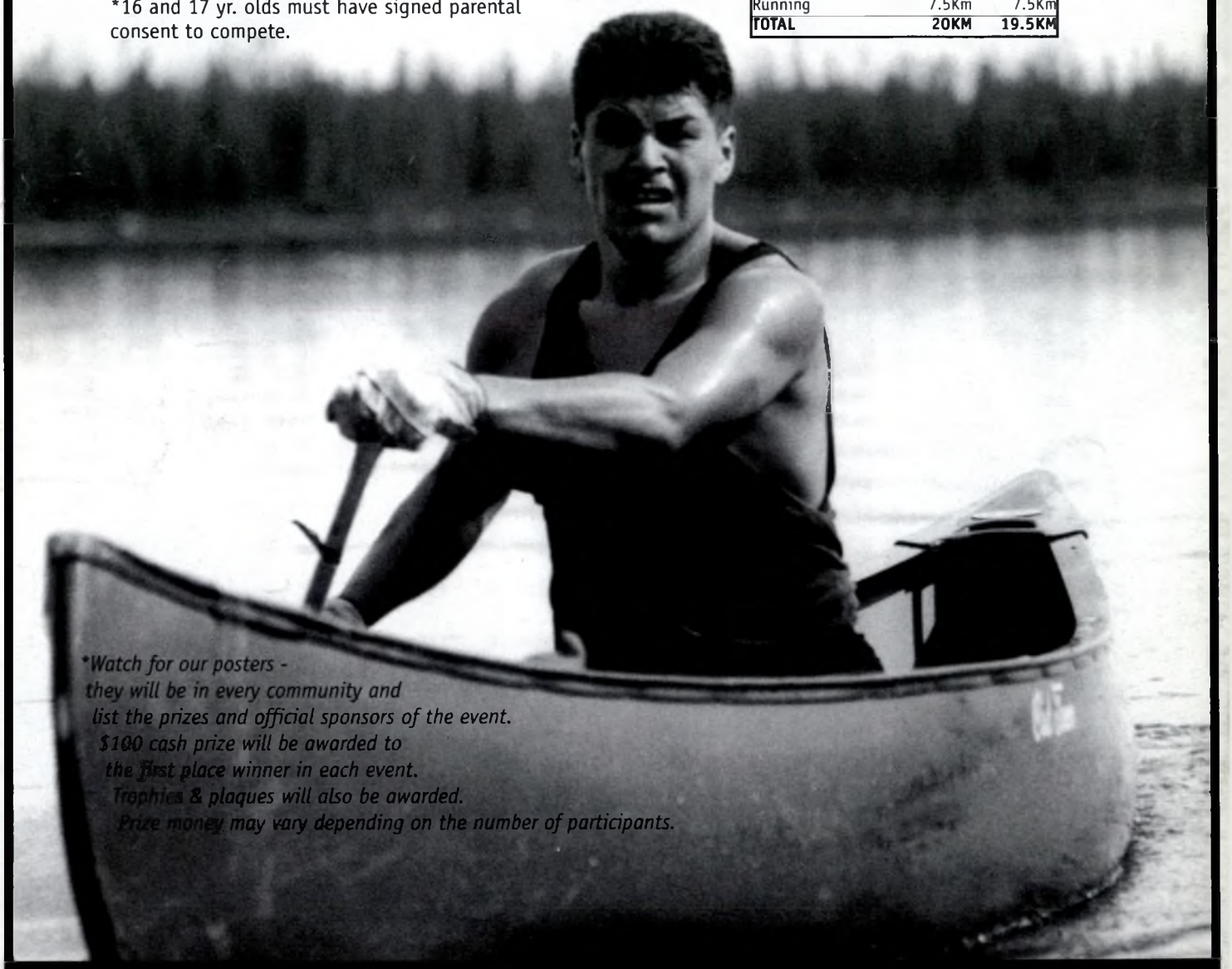
This year there are two categories: Competitive and Recreational
Inscription Fees:

Competitive: $500
Recreational: $400

The inscription fees for the champions of the last two Fitness Challenges will be paid by the CNFC organization for this year's competition.
(Only on competitive division)
Ages: 16 & up
*16 and 17 yr. olds must have signed parental consent to compete.

COMPETITIVE:	MEN	WOMEN
Swimming	1Km	1Km
Cycling	20Km	15Km
Portage	1Km	0.5Km
Canoeing	2Km	1Km
Running	10Km	7.5Km
TOTAL	**34KM**	**25KM**

RECREATION:	MEN	WOMEN
Swimming	0.5Km	0.5Km
Cycling	10Km	10Km
Portage	1Km	0.5Km
Canoeing	1Km	1Km
Running	7.5Km	7.5Km
TOTAL	**20KM**	**19.5KM**



*Watch for our posters -
they will be in every community and
list the prizes and official sponsors of the event.
$100 cash prize will be awarded to
the first place winner in each event.
Trophies & plaques will also be awarded.
Prize money may vary depending on the number of participants.*

Are you up to the Challenge?

For more information contact John Henry Wapachee at (819) 673-2512, or call your local Sports & Rec. Department.